

## Building a Vocabulary for Feelings

In expressing our feelings, it helps us to use words that refer to specific emotions, rather than words that are vague or general. Words such as 'good' and 'bad' prevent the listener from connecting easily with what we might actually be feeling i.e. 'good' could mean 'happy', 'excited', 'relieved' or a number of other emotions.

The following lists have been compiled to help you increase your power to articulate feelings and clearly describe a whole range of emotional states.

Feelings when our needs ARE being met				
Absorbed	Contented	Friendly	Merry	Surprised
Adventurous	Cool	Fulfilled	Mirthful	Tender
Affectionate	Curious	Glad	Moved	Thankful
Alert	Dazzled	Gleeful	Optimistic	Thrilled
Alive	Delighted	Glorious	Overjoyed	Tranquil
Amazed	Eager	Glowing	Overwhelmed	Trusting
Amused	Ebullient	Good humoured	Peaceful	Upbeat
Animated	Ecstatic	Grateful	Perky	Warm
Appreciative	Effervescent	Gratified	Pleased	Wide-awake
Ardent	Elated	Happy	Pleasant	Wonderful
Aroused	Enchanted	Helpful	Proud	Zestful
Astonished	Encouraged	Hopeful	Quiet	
Blissful	Energetic	Inquisitive	Radiant	
Breathless	Engrossed	Inspired	Rapturous	
Buoyant	Enlivened	Intense Interested	Refreshed	
Calm	Enthusiastic	Intrigued	Relieved	
Carefree	Excited	Invigorated	Satisfied	
Cheerful	Exhilarated	Involved	Secure	
Comfortable	Expansive	Jubilant	Sensitive	
Complacent	Expectant	Joyous, Joyful	Serene	
Composed	Exultant	Keyed up	Spellbound	
Concerned	Fascinated	Loving	Splendid	
Confident	Free	Mellow	Stimulated	

Feelings when our needs are NOT being met				
Afraid	Detached	Harried	Nettled	Unglued
Aggravated	Disaffected	Heavy	Numb	Unhappy
Agitated	Disenchanted	Helpless	Overwhelmed	Unnerved
Alarmed	Disappointed	Hesitant	Passive	Unsteady
Aloof	Discouraged	Horrified	Perplexed	Upset
Angry	Disgruntled	Hostile	Pessimistic	Uptight
Anguished	Disgusted	Hot	Puzzled	Vexed
Annoyed	Disheartened	Horrible	Panicky	Weary
Anxious	Dismayed	Humdrum	Rancorous	Wistful
Apathetic	Displeased	Hurt	Reluctant	Wretched
Apprehensive	Disquieted	Irked	Resentful	Withdrawn
Aroused	Distressed	Irritated	Restless	Woeful
Ashamed	Disturbed	Impatient	Spiritless	Worried
Beat	Downcast	Indifferent	Startled	
Bewildered	Downhearted	Intense	Surprised	
Bitter	Dull	Irate	Suspicious	
Blab	Edgy	Jealous	Sad	
Blue	Embarrassed	Jittery	Scared	
Bored	Embittered	Lazy	Sensitive	
Broken hearted	Exasperated	Leery	Shaky	
Chagrined	Exhausted	Lethargic	Shocked	
Cold	Fatigued	Listless	Sorrowful	
Concerned	Fearful	Lonely	Sceptical	
Confused	Fidgety	Mournful	Terrified	
Cool	Forlorn	Mad	Tired	
Cross	Frightened	Mean	Troubled	
Dejected	Frustrated	Mopey	Tepid	
Depressed	Furious	Morose	Uncomfortable	
Despairing	Gloomy	Miserable	Unconcerned	
Despondent	Guilty	Nervous	Uneasy	